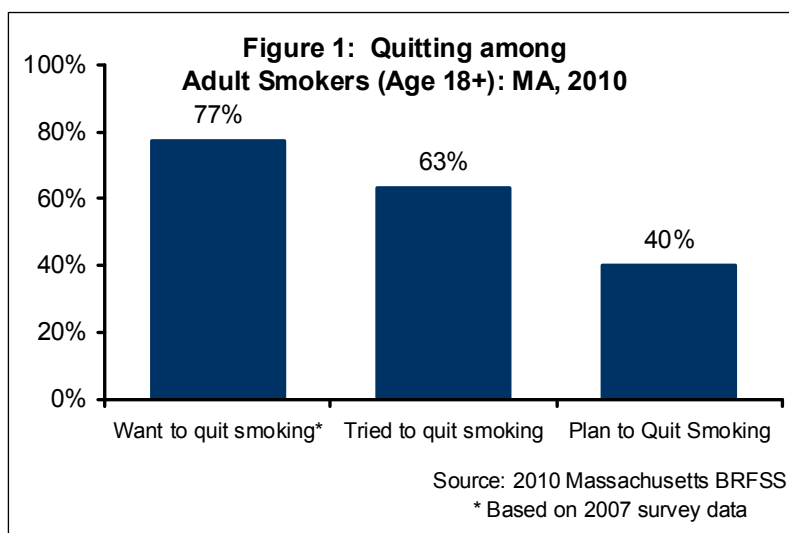


Who Quits Smoking

Massachusetts Fact Sheet

Seventy-seven percent of adult cigarette smokers in Massachusetts want to quit smoking based on data from the Behavioral Risk Factor Surveillance System (BRFSS). Sixty-three percent of smokers tried to quit smoking at least once in the past year. Forty percent of smokers say that they plan to quit smoking within the next 30 days (Figure 1).

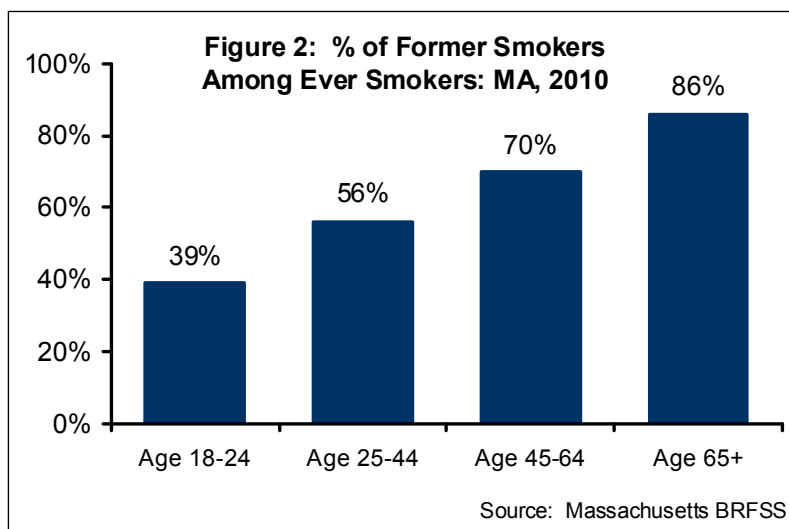
- 40% of male smokers plan to quit in the next 30 days and 41% of women plan to quit.
- 37% of whites, 48% of blacks, and 48% of Hispanics plan to quit in the next 30 days.



Twenty-five percent of smokers reported using tobacco cessation medications to try to quit smoking in the past 12 months (2010 BRFSS).

Sixty-eight percent of adults who ever smoked have now quit smoking (2010 BRFSS).

- 22% of young adults who ever smoked have quit smoking (Figure 2);
- 69% of people age 45 to who have ever smoked have now quit.



Fifty-seven percent of adults in Massachusetts have never smoked - defined as less than 100 cigarettes in their lifetime (2010 BRFSS).

